

### ASSIGNMENT 3

Textbook Assignment: "Navy Occupational Safety and Health Program Fundamentals," chapter 5, pages 5-1 through 5-27, and "Shore Safety," chapter 6, pages 6-1 through 6-11.

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| <p>3-1. A separate NAVOSH manual for forces afloat was issued for what reason?</p> <ol style="list-style-type: none"><li>1. Because of their high tempo of operations</li><li>2. Because of unique military equipment</li><li>3. To comply with OSHA standards</li><li>4. To comply with CNO'S directive</li></ol> <p>3-2. The Navy Occupational Safety and Health (NAVOSH) Program applies to which of the following groups of people?</p> <ol style="list-style-type: none"><li>1. Military personnel</li><li>2. Civilian personnel</li><li>3. Nonappropriated fund personnel</li><li>4. All of the above</li></ol> <p>3-3. Which of the following is a measure of a successful NAVOSH Program?</p> <ol style="list-style-type: none"><li>1. All surveys being conducted</li><li>2. NAVOSH training being conducted</li><li>3. All mishaps being reported</li><li>4. Work related injuries and illnesses being reduced</li></ol> <p>3-4. NAVOSH programs do NOT apply to naval personnel on liberty.</p> <ol style="list-style-type: none"><li>1. True</li><li>2. False</li><li>3.</li><li>4.</li></ol> <p>3-5. The <i>NAVOSH Program Manual</i> does NOT address some of the safety and health standards for personnel assigned ashore. In those cases, what safety standards should shore personnel adhere to?</p> <ol style="list-style-type: none"><li>1. NAVELEX</li><li>2. NSTM</li><li>3. OSHA</li><li>4. CNO</li></ol> | <p>3-6. Able B. Seaman is assigned to ground electronics at a naval air station. He will find the electrical safety standards that apply to his job in which of the following publications?</p> <ol style="list-style-type: none"><li>1. <i>NAVOSH Program Manual</i></li><li>2. <i>General Industry Standards</i></li><li>3. <i>NAVOSH Program Manual for Forces Afloat</i></li><li>4. <i>Standard Organization and Regulations of the U.S. Navy</i></li></ol> <p>3-7. Industrial hygiene deals with controlling the work environment to protect the workers'</p> <ol style="list-style-type: none"><li>1. wages</li><li>2. health</li><li>3. benefits</li><li>4. working hours</li></ol> <p>3-8. The legally established exposure level of a harmful physical agent is identified by which of the following terms?</p> <ol style="list-style-type: none"><li>1. Ceiling limit</li><li>2. Threshold limit value</li><li>3. Short-term exposure level</li><li>4. Permissible exposure limit</li></ol> <p>3-9. During an industrial hygiene survey, which of the following areas should be investigated?</p> <ol style="list-style-type: none"><li>1. Decks only</li><li>2. Galleys only</li><li>3. Engineering spaces only</li><li>4. Every workplace at the facility</li></ol> |
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- 3-10. Heat stress becomes excessive when the body
1. is unable to adjust to changes in temperature
  2. starts sweating
  3. temperature reaches 99 degrees Fahrenheit
  4. is exposed to rising temperature
- 3-11. Aboard ship, what was the leading cause of heat stress injuries reported in 1991?
1. Participating in physical fitness training
  2. Working in engineering spaces
  3. Wearing the fire-fighting ensemble
  4. Working in food preparation areas
- 3-12. A victim having hot, flushed, dry skin and a fast, strong pulse is suffering from what type of heat stress?
1. Heat cramps
  2. Heat stroke
  3. Heat fatigue
  4. Heat exhaustion
- 3-13. A victim who has pale and clammy skin; has a fast, weak pulse: and is experiencing profuse sweating is suffering from what type of heat stress?
1. Heat exhaustion
  2. Heat fatigue
  3. Heat stroke
  4. Heat cramps
- 3-14. What type of heat stress is a life-threatening medical emergency?
1. Heat exhaustion
  2. Heat fatigue
  3. Heat stroke
  4. Heat cramps
- 3-15. When heat cannot be reduced in the work area, which of the following precautions could prevent a heat-stress injury?
1. Control the conditions that cause heat stress
  2. Detect the conditions that cause heat stress
  3. Restrict personnel exposure to the heat
  4. Use dry bulb thermometers
- 3-16. According to the base-line thumb rule, you are required to wear hearing protection when you have to raise your voice when talking to a person at what maximum distance?
1. One arm length
  2. Two arms length
  3. Three arms length
  4. Four arms length
- 3-17. Ashore. after modifications have been made that could affect noise levels in noise-hazardous areas. resurveys are conducted within a minimum of how many days?
1. 10
  2. 20
  3. 30
  4. 40
- 3-18. When the noise level cannot be maintained below 84 dB by using engineering controls, which of the following types of protection is necessary?
1. Isolate the noisiest equipment
  2. Use earplugs or earmuffs
  3. Reduce the number of operating personnel
  4. Secure the area to personnel
- 3-19. At what maximum noise level will a worker be required to wear double hearing protection?
1. 90 dB
  2. 96 dB
  3. 100 dB
  4. 104 dB

- 3-20. What regulation ensures the safe and effective use of hazardous materials?
1. Material Safety Data Sheet instructions
  2. *Hazard Communication Standard*
  3. *Hazardous Materials User's Guide*
  4. DOD Hazardous Materials Information System
- 3-21. The Navy's hazardous material control and management program is managed by which of the following commands?
1. Occupational Safety and Health Agency
  2. Environmental Protection Agency
  3. Naval Supply Systems Command
  4. Naval Safety Center
- 3-22. Material can be designated as hazardous waste by which of the following commands?
1. EPA
  2. NSC
  3. OSHA
  4. NSSC
- 3-23. The Material Safety Data Sheet (MSDS) provides which of the following hazardous material information?
1. Price
  2. Manufacture date
  3. Transportation date
  4. Carcinogenicity
- 3-24. What data base provides useful information on more than 70,000 hazardous materials used by the defense department?
1. Material Safety Data Sheets
  2. Hazardous Materials Information System
  3. Hazardous Material Authorized Use List
  4. *Hazardous Material User's Guide*
- 3-25. Which of the following information appears on hazardous material labels as mandated by OSHA?
1. Name and address of the manufacturer
  2. Emergency and first-aid procedures
  3. Transportation data
  4. Disposal data
- 3-26. A hazardous material that you ordered arrived with only the minimum required OSHA label. What additional label, if any, should you attach to the material?
1. Hazardous chemical warning label
  2. Visual hazard warning label
  3. MSDS label
  4. None
- 3-27. Who is responsible for determining an eye-hazard area?
1. Division officer
  2. Industrial hygienist
  3. Activity safety officer
  4. Activity commanding officer
- 3-28. When must a person who has 20/200 or worse vision in one eye wear eye protection?
1. When directed by the supervisor
  2. When assigned to an eye-hazard area
  3. When working at the work station
  4. At all times
- 3-29. Aboard ship, who should have a complete list of all eye-hazard areas?
1. Safety officer
  2. Medical officer
  3. Safety petty officer
  4. Chief master-at-arms

- 3-30. In an area that handles corrosive materials, you would expect to find which of the following safety items?
1. Fire alarm switch
  2. Eyewash station only
  3. Warning sign only
  4. Both 2 and 3 above
- 3-31. Which of the following personnel is authorized to remove asbestos materials from ships?
1. Safety officer
  2. Damage control petty officer
  3. Shipyard worker
  4. Damage control assistant
- 3-32. Which of the following processes is used to identify asbestos products?
1. An oil laboratory test
  2. Microscopic analysis
  3. An acidity test
  4. Casual observance
- 3-33. If you ingest lead, what part of your body can be damaged?
1. Lungs
  2. Kidneys
  3. Stomach
  4. Esophagus
- 3-34. Which of the following shipboard materials contain(s) lead?
1. Batteries
  2. Pipe joints
  3. Weights and cable sockets
  4. All of the above
- 3-35. What type of radiation strips atoms of its electrons?
1. Laser radiation
  2. Radar radiation
  3. Ionizing radiation
  4. Nonionizing radiation
- 3-36. As outlined in OPNAVINST 5100.19B and 5100.23C, which of the following personnel are excluded from the Radiation Protection Program?
1. Nuclear weapons technicians
  2. Medical x-ray technicians
  3. Dental x-ray technicians
  4. Radar technicians
- 3-37. Afloat, the commanding officer starts a respiratory protection program by appointing, in writing, which of the following personnel?
1. Certified respiratory protection program manager
  2. Respiratory protection officer
  3. Medical officer
  4. Safety officer
- 3-38. When, if ever, would a surgical mask be considered as adequate respiratory protection?
1. During chipping
  2. During painting
  3. During grinding
  4. Never
- 3-39. A respirator cartridge used while painting is identified by which of the following labels?
1. Dust
  2. Mist
  3. Fumes
  4. Vapor
- 3-40. What type of respirator do you use in an environment that is deficient in oxygen and is laden with mercury?
1. Self-contained breathing apparatus
  2. Emergency escape breathing device
  3. Air-purifying respirator
  4. Cartridge respirator

- A. Dust
- B. Fumes
- C. Gas
- D. Mist and fog

Figure 3-A.-Types of Air Contaminants.

IDENTIFYING THE TYPES OF AIR CONTAMINANTS IS CRITICAL IN SELECTING THE PROPER RESPIRATOR. TO ANSWER QUESTIONS 3-41 THROUGH 3-45, SELECT THE TYPE OF AIR CONTAMINANT IN FIGURE 3-A THAT MATCHES THE DESCRIPTION USED AS THE QUESTION. RESPONSES MAY BE USED ONCE. MORE THAN ONCE, OR NOT AT ALL.

3-41. Particles formed by the condensation of volatile solids that are produced by the welding, brazing, or cutting of metals.

- 1. A
- 2. B
- 3. C
- 4. D

3-42. A material that under normal temperature and pressure tends to occupy an entire space.

- 1. A
- 2. B
- 3. C
- 4. D

3-43. Particles created by breaking up larger particles during the crushing, grinding, sanding, or chipping of materials.

- 1. A
- 2. B
- 3. C
- 4. D

3-44. Finely divided liquid droplets suspended in air that are produced during spray painting.

- 1. A
- 2. B
- 3. C
- 4. D

3-45. A material that is usually invisible and odorless.

- 1. A
- 2. B
- 3. C
- 4. D

3-46. Personal protective clothing and equipment (PPE) can reduce or eliminate the hazard itself.

- 1. True
- 2. False

3-47. You are assigned to do hot work over the side. Which of the following PPE are you required to wear?

- 1. Safety shoes, heat-insulated gloves, safety harness, and metal hard hat
- 2. Safety shoes, leather gloves, and safety harness
- 3. Safety shoes, heat-insulated gloves, and a safety harness with wire rope
- 4. Safety shoes, heat-insulated gloves, and a safety harness with nylon lanyards

3-48. Afloat, in which of the following spaces can you obtain an extension cord?

- 1. Electronics Technician's shop
- 2. Electrical tool issue room
- 3. Boatswain's locker
- 4. supply

3-49. The electrical tools custodian can only issue tools to which of the following personnel?

- 1. Members of electrical and electronics ratings
- 2. Engineering personnel
- 3. Personnel who have received electrical safety training within the year
- 4. All of the above

- 3-50. When, if ever, should personnel receive indoctrination and training on basic electrical safety?
1. Upon reporting aboard
  2. Annually
  3. Both 1 and 2 above
  4. Never
- 3-51. During all corrective maintenance, you are required to abide by which of the following safety procedures?
1. Planned Maintenance System (PMS) procedures
  2. Maintenance Data System (MDS) procedures
  3. Standard operating procedures
  4. Tag-out/Lock-out procedures
- 3-52. Which of the following precautions should you observe when working in a confined space?
1. Always report to the gas free engineer before working in a confined space
  2. When aboard ship, use gas free certificates for only 8 hours
  3. Wear a hard hat aboard ship during a confined space test
  4. Test a confined space for the presence of toxic gases only
- 3-53. As a supervisor, you should ensure your workers follow which of the following safety precautions?
1. Comply with safety procedures
  2. Wear appropriate PPE
  3. Take no short cuts and safely perform all jobs
  4. All of the above
- 3-54. What instruction provides the administrative requirements for shore NAVOSH programs?
1. OPNAVINST 5100.19B
  2. OPNAVINST 5100.21B
  3. OPNAVINST 5100.23C
  4. OPNAVINST 5102.1C
- 3-55. Both military and civilian personnel are subject to disciplinary action when they violate NAVOSH regulations.
1. True
  2. False
- 3-56. Ashore, who plans, directs, and administers the OSH programs?
1. Commanding officer
  2. Safety officer
  3. Naval safety center
  4. OSH office
- 3-57. For an activity to have a full-time OSH manager, it should have at least a total of how many personnel?
1. 100
  2. 200
  3. 300
  4. 400
- 3-58. Which of the following activities provides analytical services and occupational medicine examinations?
1. Industrial hygiene laboratories
  2. Medical training centers
  3. Naval hospitals
  4. OSH offices
- 3-59. Which of the following approaches is likely to change behavior and lead to mishap prevention?
1. Legislated safety
  2. Safety endorsement
  3. OSH training
  4. Peer pressure
- 3-60. How much total HAZCOM training is required by collateral duty OSH personnel?
1. 30-minute initial training only
  2. 3-hour initial training and OJT
  3. 3-hour initial training and refresher training as required
  4. 24-hour initial training and 3-hour annual training

- 3-61. At which of the following naval air stations can you obtain quotas for shore-oriented safety courses?
1. Norfolk, Va.
  2. Meridian. Miss.
  3. Pensacola. Fla.
  4. North Island, Calif.
- 3-62. Which of the following statements de-scribes the objective of the NAVOSH program?
1. To establish mishap prevention standards
  2. To provide a safe and healthy work environment
  3. To evaluate the effectiveness of the safety program
  4. To provide supervision in matters pertaining to safety
- 3-63. What type of survey is required if hazards are found in a work place?
1. Base-line
  2. Walk-through
  3. Periodic
  4. Initial
- 3-64. What is the first step in an industrial hygiene survey?
1. Initial survey
  2. Periodic survey
  3. Walk-through survey
  4. Base-line survey
- 3-65. When the industrial hygiene survey shows potential exposure of personnel to toxic chemicals, what plan is prepared?
1. Workplace monitoring plan
  2. Industrial hygiene plan
  3. Exposure sampling plan
  4. Pre-mishap plan
- 3-66. Data pertinent to personnel exposures (except asbestos) are retained for a minimum of how many years?
1. 10 years
  2. 20 years
  3. 30 years
  4. 40 years
- 3-67. The NAVOSH Program compliance is evaluated during which of the following inspections?
1. 3M
  2. SMI
  3. OPPE
  4. INSURV
- 3-68. Navy workplaces with recognized potential health hazards should be evaluated at what minimum frequency?
1. Weekly
  2. Annually
  3. Bimonthly
  4. Semiannually
- 3-69. Ashore, NAVOSH oversight inspections are conducted by which of the following commands?
1. OSHA
  2. NAVINSGEN
  3. PREINSURV
  4. NAVSAFECEN
- 3-70. You have civilian employees working in your facility. Which of the following personnel may conduct NAVOSH inspections of your work site?
1. Federal OSHA officials only
  2. State OSHA officials only
  3. Both 1 and 2 above
  4. Safety Center officials only
- 3-71. OSHA officials can conduct work-site inspections on work centers staffed with military personnel only,
1. True
  2. False
- 3-72. To report property damage, the OSH office uses which of the following logs/reports?
1. Annual Summary of Navy Civilian Occupational Injuries
  2. Log of Navy Injuries and Occupational Illnesses
  3. Explosive Mishap Report
  4. OPNAV Safety Report

3-73. Before a mishap is reported to the Naval Safety Center, any injury involved must result in how many lost workdays?

1. 5
2. 2
3. 3
4. 4

3-74. Which of the following mishaps is reportable?

1. A mishap resulting in \$5000 property damage
2. Electric shock because of a personnel error
3. Traffic mishap not involving a government vehicle, but resulting in \$1000 DOD property damage
4. Damage to small craft assigned to a shore activity

3-75. An investigation of a shore mishap that resulted in a fatality is initiated by which of the following persons?

1. Local OSH officer
2. Echelon 2 commander
3. Echelon 3 commander
4. Naval Inspector General